



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

The Starting Well Partnership supports parents, families, children and young people across Worcestershire. Our Wyre Forest Parenting and Community Team supports parents with babies, children and young people aged 0 - 19 years, providing groups to support with confidence and building emotional resilience.

Families in Wyre Forest are supported by Health Visitors, Parenting Support Workers, Community Nursery Nurses, School Health Nurses, Health Care Assistants, Volunteer Coordinators, Community Health Connectors, Business Support Officers and Administrators.

We provide support, advice and run clinics from our Family Hubs, community spaces, schools and GP surgeries.



Starting Well Wyre Forest: Wyre Forest Parenting & Community Team

Groups for Parents/Carers

April — July 2022



For more information or to book your place, please call...

Brookside Family Hub, Borrington Rd, Kidderminster,
DY10 3ED—01562 827207

Half Crown Wood Family Hub, Princess Way, Stourport,
DY13 0EL—01299 877920

Email: admin.wyreforest@barnardos.org.uk

**Believe in
children**
Barnardo's



EVERY CONTACT SHAPES A LIFE



Find us on Facebook... Starting Well Wyre Forest





Chat Health

ChatHealth is a confidential text messaging service that enables young people aged 11-19 in Worcestershire to contact a School Health Nurse. They can help discuss a wide range of issues including bullying, emotional health, relationships and wellbeing. For more information, please go to; <https://chathealth.nhs.uk/>



Community Nursery Nurse Clinic

Community Nursery Nurses hold development review clinics in our family hubs. These clinics enable you to discuss your child's development, health and you own wellbeing. Additionally, it is a chance for your child to have their growth measurements taken.

Our work with local Foodbanks

Our Family Hubs work closely with the Franche foodbank to help those within our community access food. Franche food bank can provide a 6-week delivery for those in need or can't leave the house for any reason.

Any vouchers issued are sent via email unless you do not have access to email, then we would print them off for for collection.

For more information, please contact our hubs;
Brookside: 01562 827 207
Half Crown Wood: 01299 877920



Believe in children
Barnardo's

www.startingwellworce.nhs.uk



Birth & Beyond

These **FREE** sessions are facilitated by Parenting Support Workers and provide information on:

- Getting to know your unborn baby
- Changes for you/partner
- Giving birth and meeting baby
- Your health and wellbeing (parents/carers)
- Who is there for you – people and services

For more information or to book into a course contact your local Family Hub

Birth & Beyond (We recommend joining these sessions at 28 weeks of pregnancy)

Our Next Group Dates Are:

Dates: Groups run monthly on Tuesday* evenings (4 sessions over 4 weeks)

Time: 6:00pm—7:30pm (approx.)

Venue: Virtual group via Zoom



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

EVERY CONTACT SHAPES A LIFE

For more information, or to book your place, please call 01562 827207 / 01299 877920

Children's Speech and Language Therapy

All children learn to talk at different rates, however some children find learning to talk more challenging. Speech & language therapy can help overcome communication issues.



Franche Clinic, Marpool Place,
Kidderminster, DY11 5BB
Tel: 01562 714700
Email:
WHCNHS.SLTWyreforest@nhs.
net

Please scan the QR code for more information

Maternity Hub

If you are unsure where to see your Midwife please contact the Antenatal Unit at Kidderminster Hospital.

Kidderminster Maternity Hub
Kidderminster Hospital, Bewdley Rd,
Kidderminster, DY11 6RJ
01562 512 376



BABY'S HERE, WHAT NEXT?

Understanding your Baby

A group for parents, partners, carers and other family members involved caring for a baby from birth to approximately 6 months old. Covering:

- Baby's brain development
- How you and baby may be feeling
- Your developing relationship with baby
- Ways to respond to baby's crying, developing healthy sleep patterns and feeding relationship
- Baby's play and developmental needs
- Times when baby may be looked after by someone else or returning to work

A great opportunity to speak with other parents, babies welcome!

For more information or to book into a course
contact your local Family Hub

Our Next Group Dates Are:

Dates: Wednesday 27th April — Wednesday 22nd June 2022

Time: 13:00pm — 14:30pm

Venue: Brookside Family Hub

For more information, or to book your place, please call 01562 827207

Self-Weigh Clinics



Brookside Family Hub, Kidderminster—Wednesday's, 1:00pm-3:00pm

Half Crown Wood Family Hub, Stourport-on-Severn—Thursday's, 1:00pm-3:00pm



To book, please call 01562 827202 / 01299 877920

Health Visitor Clinics

Brookside Family Hub

Monday's—12:30pm-2:30pm

Call 01562 827207 to book

Half Crown Wood Family Hub

Wednesday's—12:30pm-3:30pm

Call 01299 877920 to book



Telephone Advisory Service - 0300 123 9551



HEALTHY START

Pregnant women, women with a child under 12 months and children aged up to 4 years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins.



Healthy Start vitamins are important because:

- 8% of children under 5 in the UK do not have enough vitamin A in their diet
- All pregnant and breastfeeding women and young children are at risk of vitamin D deficiency (teenagers, younger women and those from ethnic minorities are particularly at risk).



Healthy Start vitamins are available to purchase from both our hubs!

Healthy Start vitamins contain vitamins A, C and D for children aged from birth to 4 years, and folic acid and vitamins C and D for pregnant and breastfeeding women.

Women's Vitamins - 91p
Children's vitamin drops - £1.80



We accept Healthy Start Vouchers! To check if you meet the criteria for free vouchers and help to apply, please scan the QR code!

The vitamins are suitable for vegetarians and free from milk, egg, gluten, soya and peanut residues, and have a shelf life of 15 months from manufacture. Beneficiaries are entitled to 1 bottle of children's drops every 8 weeks.



Wyre Forest Family Information Service

Tel: 07738 860812

Email: admin.wyreforest@barnardos.org.uk




The family information service offers free impartial information, support and signposting service for children, young people, families and professionals in the Wyre Forest.



- ▶ 30 hours funding for working parents
- ▶ Applying for 2, 3 and 4 year old funding
- ▶ Early years provision with children with SEND
- ▶ Finding childcare including after school



 Find us on Facebook; Starting Well Partnership. or scan our QR code!



Time for Baby

Stay and play for newborn and non-movers
Thursday mornings 10am-11am
At Brookside Family Hub, Borrington
Road, Kidderminster, DY10 3ED



Please register your interest on our facebook page or call the Brookside Hub on 01562 827207, as places are limited.

SUPPORT



Virtual Support Group Wednesdays at 11am

seek support,
share experience,
see some friendly faces

Email

whcnhs.breastfeedingsupport@nhs.net
for the link to join

Follow us on Instagram
[@worcswelcomesbf](https://www.instagram.com/worcswelcomesbf)

Are you a parent ?

Is life losing it's Sparkle?

Are you ...

Depressed ... Anxious ... Irritable ... Angry ?

Do you have trouble sleeping, have difficulty concentrating,
problems in controlling your emotions,
or is life just losing its sparkle?

Register today to reserve your free place!!!

**A 10-week group will take place each
Wednesday from 12.30pm – 1.30pm virtually
via Zoom.**

**This group starts on 27th April 2022
(excluding May Half Term)**

To register your interest, please:

Telephone: 01562 827207

Or email us: admin.wyreforest@barnardos.org.uk

PEER SUPPORT GROUP FOR PARENTS/CARERS OF CHILDREN WITH SEND

AGED 0-19 IN THE WYRE FOREST AREA



This group is for Parents/carers only

THIS GROUP HAS BEEN SET UP BY PARENTS AND VOLUNTEERS FOR PARENTS AND CARERS TO SHARE INFORMATION, GAIN SUPPORT AND SOCIALISE IN A CHILD FREE ENVIRONMENT.

THE GROUP WILL MEET
9.30- 11AM

On the 2nd Wednesday of each month.

- Wednesday 13th April 2022
- Wednesday 11th May 2022
- Wednesday 8th June 2022
- Wednesday 13th July 2022

AT
BROOKSIDE FAMILY HUB
BORRINGTON ROAD, KIDDERMINSTER DY10 3ED

NO DIAGNOSIS IS REQUIRED TO ATTEND THIS GROUP
TO FIND OUT MORE INFO AND BOOK A PLACE PLEASE CONTACT
BROOKSIDE FAMILY HUB ON 01562 827207 OR
HALF CROWN WOOD FAMILY HUB ON 01299 877920
EMAIL: ADMIN.WYREFOREST@BARNARDOS.ORG.UK



Believe in children
Barnardo's

Starting Well Partnership

EVERY CONTACT SHAPES A LIFE

Chat about routines, feeding, development.

Meet new friends!

STARTING WELL PARTNERSHIP

BUGGY WALK! 10AM

Enjoy the fresh air!

Every Monday
(Excluding Bank Holidays)

No need to book; Just come along!

Alternate locations each week between
Springfield Park, Kidderminster, DY10 2PS &
Riverside Meadows, Stourport, DY13 0AU

Meeting point is outside Public Toilets

For more information, please contact us
on 01299 877920 / 01562 827207 or scan
the QR code to check our Facebook page
for the weekly location.



Introduction to Solids

Introducing your baby to solid foods, often called weaning, should start when your baby is around 6 months old. It's a really important step in your baby's development and it can be great fun to explore new flavours and textures together.

It can be confusing knowing when and how to start introducing solid foods. Join us for a **FREE 1 hour online workshop** and learn:

- how to get ready to introduce foods
- when you and baby are ready to introduce foods
- what to feed baby
- how to introduce foods safely

For more information or to book a place email your baby's name, date of birth, and your phone number to WHCNHS.HVappointments@nhs.net.

Sessions are held regularly and are open to all families in Worcestershire.

Understanding your Child: ASC (Autistic Spectrum Condition)

Our Next Group Dates Are:

Dates: Tuesday 26th April — Tuesday 12th July 2022

Time: 12:30pm—14:30pm

Venue: Kidderminster Health Centre, Bromsgrove Street, DY10 1PG

For more information, or to book your place, please call 01562 827207

Healthy Families: Growing Up



Join our parent group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** programme is for parents and carers of primary-school age children - it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get in touch to sign up now!

Programme details

Date: Monday 9th May - 11th July 2022
Time: 10:00am - 12:00pm
Venue: Brookside Family Hub

"This was the best thing I could possibly have done to help me be a better mum"

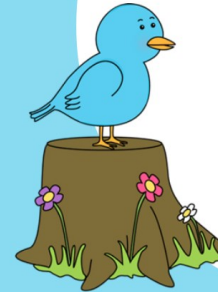


Contact Us

For more information, or to book your place, please call 01299 877 920 or 01562 827 207

peep

supporting parents and children to learn together



MINI MOVERS DROP IN SESSIONS

For children aged 9 months to 2 years old

TIME: 10:00AM - 11:00AM
EVERY FRIDAY



VENUE:
BROOKSIDE FAMILY HUB
BORRINGTON ROAD
KIDDERMINSTER
DY10 3ED

In these sessions we work with parents to promote babies and children's development, building on their home environment and extending their learning development through play.

To find out more, please contact us on:

01562 827 207
01299 877 920



peep

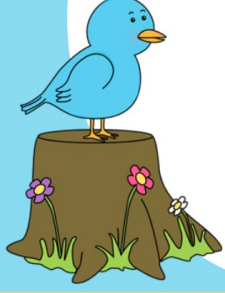
supporting parents and children to learn together



BABY PEEP

DROP IN SESSIONS

For babies aged from 3 months (pre-crawlers)



TIME: 13:00PM - 14:00PM
EVERY THURSDAY



This group runs along side our self-weigh clinic!

VENUE:
HALF CROWN WOOD
FAMILY HUB
PRINCESS WAY
STOURPORT-ON-SEVERN
DY13 0EL

In these sessions we work with parents to promote babies and children's development, building on their home environment and extending their learning development through play.

To find out more, please contact us on:

01299 877 920
01562 827 207



UNDERSTANDING YOUR CHILD

Come along to this relaxed, fun group to explore issues including, developmental needs, having fun, communication, sleep and behaviour difficulties.

The group is suitable for families with children and young people from birth to 19 years.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

Our Next Group Dates Are:

Dates: Monday 25th April – Monday 11th July 2022

Time: 6.30pm – 7.30pm

Venue: Via Zoom

For more information, or to book your place,
please call 01562 827 207



No need to book.
Just drop in

**This free group meets on
Thursdays during term time
1-2.30PM.
at The Scout Hut, Hoo Road, Kidderminster
DY10 1LB**

**No diagnosis required
For further info Please contact Brookside Family Hub on
01562 827207 or email admin.wyreforest@barnardos.org.uk**



UNDERSTANDING YOUR CHILD

Come along to this relaxed, fun group to explore issues including, developmental needs, having fun, communication, sleep and behaviour difficulties.

The group is suitable for families with children and young people from birth to 19 years.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

www.startingwell.worcs.nhs.uk/

Our Next Group Dates Are:

Dates: Monday 1st March – 17th May 2022

Time: 9:30 — 11:30am

Venue: Rainbows Day Nursery, Stoney Lane, Kidderminster, DY10 2LX

For more information, or to book your place, please call 01562 827207



Starting Well Partnership

FUSSY EATERS WEBINAR

Free Online Workshop

For more information, or to book your place please call: 01562 827 207 or 01299 877 920

- 25th April 10am-11am
- 11th July 1:00pm-2:00pm
Venue: Zoom

Fed up with stressful mealtimes?
We're here to help..

To help children up to the age of 11 Years.

- Join to get support and new ideas for:
- How to encourage your child to try new foods - and begin to enjoy them!
 - Child-friendly foods that provide what they need to grow and be healthy
 - Happier family mealtime



EVERY CONTACT SHAPES A LIFE



HENRY HEALTHY FAMILIES PROGRAMME

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?

Join our fun, FREE 8 week group for parents and carers of children aged 0 to 5 years old.

www.startingwellworce.nhs.uk

Our Next Group Dates Are:

Dates: Tuesday 10th May – 12th July 2022

Time: 12:00pm - 14:30pm

Venue: Half Crown Wood Family Hub



FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

WWW.STARTINGWELLWORCS.NHS.UK

For more information, or to book your place, please call 01562 827 207

Limited spaces so call now to book a place!